



Ticks are found on trees, shrubs or in grassy areas, especially along trails.

Ticks wait at the end of a piece of grass or on logs until an animal or person brushes against them.



Some ticks give germs to people and pets that can make them sick.

Protect yourself from ticks:

When you hike, camp or play where ticks are found:

- Wear insect repellent.
- Wear light-colored clothes so ticks are easy to see.
- Wear long pants and a long-sleeved shirt.
- Tuck your pants into your socks or boots and tuck in your shirt.
- Stay on trails.

Do a tick check

After you go for a hike
or if there are ticks
where you play:



because ticks are very
tiny. Ask an adult or
another person to help
you with a tick check.
Check your pets very
carefully, too.

How to remove a tick

1. Grab the tick close to your skin with tweezers or a tissue and pull straight out.
2. Wash where the tick bit you.
3. Wash your hands.
4. If you get sick after a tick bite, you should go to the doctor.



www.ndhealth.gov/disease

800.472.2180

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